



**Program:** Diabetes Identification and Management Program

**Organization:** Meals on Wheels, Inc. of Tarrant County (MOWI)  
Fort Worth, Texas

**Principle of Choices for Independence:** Evidence-Based Prevention and Wellness

### **Description**

Meals on Wheels of Tarrant County, Inc. (MOWI), a 501(c)(3) not for profit charitable organization, was awarded a \$50,000 grant from the United Way of Tarrant County and the local area agency on aging to identify homebound, disabled or elderly individuals that have a diagnosis of diabetes or are at risk for developing diabetes in the future. Clients identified with diabetes are being monitored, and provided with necessary medical services to encourage daily diabetes self-management techniques.

Successful diabetes self management is crucial for keeping individuals in their homes. This grant will allow the MOWI to put in place the processes to continue to screen and monitor their diabetic clients. Although new, the project has been deemed very successful because it has identified clients at risk for diabetes and encouraged them to verify this with their physician. During the grant period of November 2006 to June 2007, the anticipated outputs of the project have exceeded expectations. For example, by the end of the program, 2000 clients would have been screened. As of March 2007, 1926 clients have been screened and 952 clients have received educational materials (exceeded the expected goal of 600 clients).

MOWI is working on this effort together with a variety of committed not for profit, private and public partners including United Way of Tarrant County; Area Agency on Aging of Tarrant County; Meals on Wheels, Inc. of Tarrant County; University of North Texas-Health Sciences Center, and Texas Christian University Nutrition Services Department.

The project's key goals of identifying clients who are diabetic or identifying clients at risk for developing diabetes, and providing information and services to assist in reducing complications from diabetes can be instrumental in keeping these individuals independent

longer. Providing diabetes and diet management education materials to people at risk for developing diabetes may also play a role in preventing or delaying the onset of diabetes, and therefore allowing them to remain independent longer as well.

The education efforts of this project are a primary focus to help individuals understand how to prevent, delay or manage diabetes and its complications. The project provides print materials in both English and Spanish; in-home diet education; in-home diabetes self-management skills education and community diabetes seminars for families of the clients identified as having diabetes or at risk of developing diabetes. Screening is done using an adapted diabetes screening tool developed by the Diabetes Detective Initiative from the National Diabetes Education Program of the National Institutes of Health found at <http://www.ndep.nih.gov/ddi/resources/indenx.htm>

For more information about the Diabetes Identification and Management Program, contact Sherry Simon, R.D. /L.D. at 817-336-0912 or by email at [ssimon@mealsonwheels.org](mailto:ssimon@mealsonwheels.org)

The website for Meals on Wheels, Inc. of Tarrant County is [www.mealsonheels.org](http://www.mealsonheels.org)